



Pineapple Grape Smoothie Recipe

Preparation Time	483
Cooking Time	5
Serving Size	6

Ingredients:

- 1 pack DEL MONTE Sweetened Pineapple Juice Drink (1L)
- 420 g grapes, red, seedless, chilled
- 4 Tbsp sugar, white

Preparation:

1. Pour DEL MONTE Sweetened Pineapple Juice Drink on an ice tray. Cover and freeze overnight.
2. Combine with the other ingredients in a blender. Blend until desired consistency and serve immediately.

Chef's Tip

For this recipe, it is best to use red grapes. The skin of the grapes will give a nice contrast in color. However, if red grapes are not available, you may also use green grapes.

Lusog Notes

This smoothie is high in Vitamin C that helps to heal wounds and keep gums healthy.

Cooking Skills Needed

- Mixing

Cooking Tools

- Rubber Spatula
- Chopping Board
- Strainer